

Physical Fitness

CHANGE SHEET 2

1. Synopsis. This change sheet corrects minor administrative errors in the T224, Physical Fitness Training Support Package.

2. Pen and ink changes: none.

3. Page change(s): Remove old pages and insert revised page(s) as indicated.

Remove Pages

1 thru 9

Insert Pages

1 thru 9

4. Additional changes that need explaining: none.

5. File this sheet in front of the TSP for reference purposes.

6. Approval of change sheet.

Name/Signature	Rank	Position	Date
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Billy R. Williams	GS-9	Training Specialist	
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Victor A. LeGloahec	SGM	Chief, PLDC	
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Marion Lemon	SGM	Chief, CDDD	
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TRAINING SUPPORT PACKAGE (TSP)

TSP Number / Title	T224 / PHYSICAL FITNESS
Effective Date	01 Oct 2003
Supersedes TSP(s) / Lesson(s)	P201, Physical Fitness Train the Trainer, Oct 99. P201-RC, Physical Fitness Train the Trainer, Jun 01.
TSP Users	600-PLDC, Primary Leadership Development Course 600-PLDC (MOD), Primary Leadership Development Course (Modified)
Proponent	The proponent for this document is the Sergeants Major Academy.
Improvement Comments	<p>Users are invited to send comments and suggested improvements on DA Form 2028, <i>Recommended Changes to Publications and Blank Forms</i>. Completed forms, or equivalent response, will be mailed or attached to electronic e-mail and transmitted to:</p> <p style="text-align: center;">COMDT USASMA ATTN ATSS DCP BLDG 11291 BIGGS FIELD FT BLISS TX 79918-8002</p> <p style="text-align: center;">Telephone (Comm) (915) 568-8875 Telephone (DSN) 978-8875 E-mail: atss-dcd@bliss.army.mil</p>
Security Clearance / Access	Unclassified
Foreign Disclosure Restrictions	FD5. This product/publication has been reviewed by the product developers in coordination with the USASMA foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

PREFACE

Purpose

This Training Support Package provides the instructor with a standardized lesson plan for presenting instruction for:

Task Number**Task Title****Individual**

071-990-0007

Implement a Total Fitness Program in a Company

071-990-0009

Implement an Individual Total Fitness Program

This TSP
Contains

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PHYSICAL FITNESS
T224 / Version 1
01 Oct 2003

SECTION I. ADMINISTRATIVE DATA

All Courses Including This Lesson	<u>Course Number</u>	<u>Version</u>	<u>Course Title</u>
	600-PLDC	1	Primary Leadership Development Course
	600-PLDC MOD	1	Primary Leadership Development Course (Modified)
Task(s) Taught(*) or Supported	<u>Task Number</u>	<u>Task Title</u>	
		<u>INDIVIDUAL</u>	
	071-990-0007 (*)	Implement a Total Fitness Program in a Company	
	071-990-0009 (*)	Implement an Individual Total Fitness Program	
Reinforced Task(s)	<u>Task Number</u>	<u>Task Title</u>	
	None		
Academic Hours	The academic hours required to teach this lesson are as follows:		
		<u>Resident Hours/Methods</u>	
		3 hrs	/ Conference / Discussion
		3 hrs	/ Demonstration
		4 hrs	/ Practical Exercise (Performance)
	Test	4 hrs	
	Test Review	0 hrs	
	Total Hours:	14 hrs	
Test Lesson Number	<u>Hours</u>	<u>Lesson No.</u>	
	Testing (to include test review)	_____	N/A _____
Prerequisite Lesson(s)	<u>Lesson Number</u>	<u>Lesson Title</u>	
	None		
Clearance Access	Security Level: Unclassified Requirements: There are no clearance or access requirements for the lesson.		
Foreign Disclosure Restrictions	FD5. This product/publication has been reviewed by the product developers in coordination with the USASMA foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.		

References

<u>Number</u>	<u>Title</u>	<u>Date</u>	<u>Additional Information</u>
AR 350-1	ARMY TRAINING AND EDUCATION	09 Apr 2003	
FM 3-21.5	DRILL AND CEREMONIES	07 Jul 2003	
FM 21-20	PHYSICAL FITNESS TRAINING	30 Sep 1992	w/C1

Student Study Assignments

Before class--

- Read SH-1.
- Read SH-2, pp 11 thru 13.
- Read SH-3, pp 1-1 thru 4-17.
- Skim SH-3, pp 5-0 thru 9-18, and 12-0 thru 13-2.
- Study, SH-4, p 2-7, para 2-4c.
- Read, SH-4, p 2-8, para 2-4d.

During class--

- Participate in classroom discussion and practical exercise.

After class--

- Review notes and lesson materials.
- Participate in performance evaluations.
- Turn in all recoverable materials.

Instructor Requirements

1:8, SSG PLDC graduate, ITC and SGITC qualified

Additional Support Personnel Requirements

<u>Name</u>	<u>Stu Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
None			

Equipment Required for Instruction

<u>ID Name</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
6730-00-577-4813 SCREEN, PROJECTION	1:16	1:2	No	0	No
6730-00-P53-8147 Projector, Overhead	1:16	1:2	No	0	No
7110-00-132-6651 CHALKBOARD	1:16	1:2	No	0	Yes
7520-01-424-4867 EASEL, DISPLAY AND TRAINING	1:16	1:2	No	0	Yes
7530-00-619-8880 PAD, WRITING PAPER	1:16	1:2	No	0	Yes
8415-01-217-5634 VEST, MICROCLIMATIC	1:1	1:8	No	0	No

* Before Id indicates a TADSS

**Materials
Required****Instructor Materials:**

- VGT: 1 thru 12.
- TSP.

Student Materials:

- Reading materials listed on the Advance Sheet.

**Classroom,
Training Area,
and Range
Requirements**

CLASSROOM (40X40 PER 16 STUDENTS)
PHYSICAL PROFICIENCY TEST AREA 30 YD X 30 YD

**Ammunition
Requirements**

<u>ID</u>	<u>Name</u>	<u>Exp</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt Qty</u>
None					

**Instructional
Guidance**

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

Before class--

- Make sure that you will have the required resources on hand when you need them for this lesson.
- Familiarize yourself with all lesson materials.
- Issue SH-1, SH-2, SH-3, and SH-4 to students.
- Make sure you understand how to conduct the PE at App C and the test at App B.

During class--

- Conduct the class IAW this TSP and answer any questions generated by the students.

After class--

- Evaluate and counsel students after their performance evaluations.
- Collect all recoverable materials after the examination for this lesson.

**Proponent
Lesson Plan
Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
/s/ Donald Colyer			
Colyer, Donald	GS09	Training Specialist	7 Jul 03
<hr/>			
/s/ Ronnie G. Barnes			
Barnes, Ronnie G.	MSG	Course Chief, PLDC	7 Jul 03
<hr/>			
/s/ Brian H. Lawson			
Lawson, Brian H.	SGM	Chief, NCOES	7 Jul 03
<hr/>			
/s/ Albert J. Mays			
Mays, Albert J.	SGM	Chief, CDDD	21 Jul 03
<hr/>			

SECTION II. INTRODUCTION

Method of Instruction: <u>Conference / Discussion</u>
Technique of Delivery: <u>Small Group Instruction (SGI)</u>
Instructor to Student Ratio is: <u>1:8</u>
Time of Instruction: <u>5 mins</u>
Media: <u>None</u>

Motivator

This lesson will provide you with the techniques and procedures you'll need to know so that you will have the confidence to safely conduct the Army's physical fitness program when you return to your units. The focus of this lesson is to enhance your knowledge of physical fitness and show you how to conduct a variety of fitness training exercises. You will be given the opportunity to perform many, if not all, of the different exercises, ending with a performance-oriented hands-on evaluation.

Terminal Learning Objective

NOTE: Inform the students of the following Terminal Learning Objective requirements. At the completion of this lesson, you [the student] will:

Action:	Conduct your team's/squad's/section's physical fitness training.
Conditions:	As a team/squad/section leader, in a classroom or field environment, given extracts from AR 350-1, FM 21-20 w/C1, and FM 3-21.5.
Standards:	Conducted your team's/squad's/section's physical fitness training IAW AR 350-1, FM 21-20 w/C1, and FM 3-21.5.

Safety Requirements

Take safety precautions appropriate for the physical training field environment during the performance evaluation. Make sure students are aware of local safety policies that could affect how they conduct physical training.

Risk Assessment Level

Low

Environmental Considerations

NOTE: It is the responsibility of all soldiers and DA civilians to protect the environment from damage.

Make students aware of any local policies pertaining to environmental hazards that could affect how they conduct physical training.

Evaluation

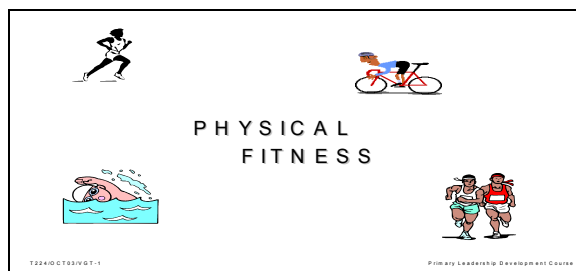
You will conduct a physical fitness training session to include placing the

group in the extended rectangular formation, conducting a warm-up, leading an exercise session, conducting a cool-down, and reassembling the formation. You must correctly perform 16 of the 23 performance steps to receive a “GO.”

NOTE: Inform the students that their performance test evaluation will take place as posted on the training schedule and when they will receive feedback on the evaluation.

Instructional Lead-In

SHOW VGT-1, PHYSICAL FITNESS



Ref: AR 350-1

You are an American soldier, a warrior and a member of a team. You serve the people of the United States and live the Army Values. You always place the mission first and never accept defeat. You never quit nor leave a fallen comrade. You are disciplined, physically and mentally tough, trained and proficient in your warrior task and drills. You always maintain your arms, equipment, and yourself. You are an expert and a professional who stands ready to deploy, engage, and destroy the enemies of the United States of America in close combat. You are a guardian of freedom and the American way of life because you are an American soldier.

Throughout this course you will hear about your responsibilities as noncommissioned officers. These responsibilities are things that the Army, your leaders, and your soldiers expect you to perform. One of your many responsibilities is the well-being of your soldiers. This well-being includes their physical fitness development. A physically fit soldier performs better under harsh conditions and can adapt more quickly to the demanding rigors of combat.

REMOVE VGT-1